



NAVAL HOSPITAL LEMOORE
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Barium Enema / IVP Instructions

Name: _____ Appointment Date: _____ Time: _____

The preparation for this examination requires us to give you medicine and restrict your diet for 24 hours. This type of exam requires abdominal x-rays and in order for us to have an optimal study it is necessary for you to clean your bowels out. Altering your diet and taking the medication the day before the exam does this. The preparation for these exams often causes you to have many bowel movements and in some cases diarrhea, so you may need to make arrangements to be away from work. If you have any questions prior to starting the preparation please call us. The success of this exam is dependent on how well you have prepared yourself for this exam.

This schedule is minimum requirement schedule. It is important to maintain your normal blood sugar and electrolyte level so avoid drinking only water.

If you are diabetic or on any medications that require a full stomach, please consult your Primary Care Provider **before** starting this dietary prep.

Please follow this schedule:

Start Date: _____

- * Breakfast Eat light breakfast (cereal, toast, fruit, no fried or dairy foods)
- * 9:00 AM Drink an 8 ounce glass of water
- * 10:00 AM Drink an 8 ounce glass of water
- * 11:00 AM Drink an 8 ounce glass of water
- * Lunch Have a Clear Liquid lunch (see other side of instructions)
- * 1:00 PM Drink the entire contents of the **Magnesium Citrate Bottle**
- * 2:00 PM Drink an 8 ounce glass of water
- * 3:00 PM Take the **3 Docolax Tablets**
- * 4:00 PM Drink an 8 ounce glass of water
- * 5:00 PM Have a clear Liquid dinner **You may have nothing to eat after this meal**
- * 6:00 PM Drink an 8 ounce glass of water
- * 7:00 PM Drink an 8 ounce glass of water
- * 8:00 PM Drink an 8 ounce glass of water
- * 9:00 PM Drink an 8 ounce glass of water

EXAM DATE:

- * 6:00 AM _____ Use the Docolax Suppository as directed by the prep-kit. Wait at least 15 minutes before having a bowel movement.
- * Exam time Continue to have nothing to eat or drink other than required daily medications (take with minimal amount of water).

After the exam please follow the instructions for After Your Barium Study

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Clear Liquid Diet

1. The medical definition of a clear liquid diet is any liquid which you can see through and has no solid particles. This excludes many foods you would normally think of as liquid.
2. Please follow these guidelines as much as possible as the success of your examination depends on how well you have prepared yourself for this exam.
3. Clear Fluids
 - a. Juices, any flavor juice, fruit drink or sport drink, no pulp
 - b. Broth, any flavor no vegetables, noodles or meat pieces
 - c. Jell-O, any flavor no fruit or nuts
 - d. Coffee or tea, sugar, honey or artificial sweeteners may be added, no milk or cream
4. It is important to maintain your normal blood sugar and electrolyte level so avoid drinking only water. Broth, juices and sport drinks are a great source for these.
5. Avoid
 - a. All solid foods
 - b. Milk and all dairy products, cheese, yogurt, butter, cream cheese
 - c. Alcoholic and/or carbonated beverages

REMEMBER: If you can't see through it, it is not allowed